

## The Casserole Bite #7

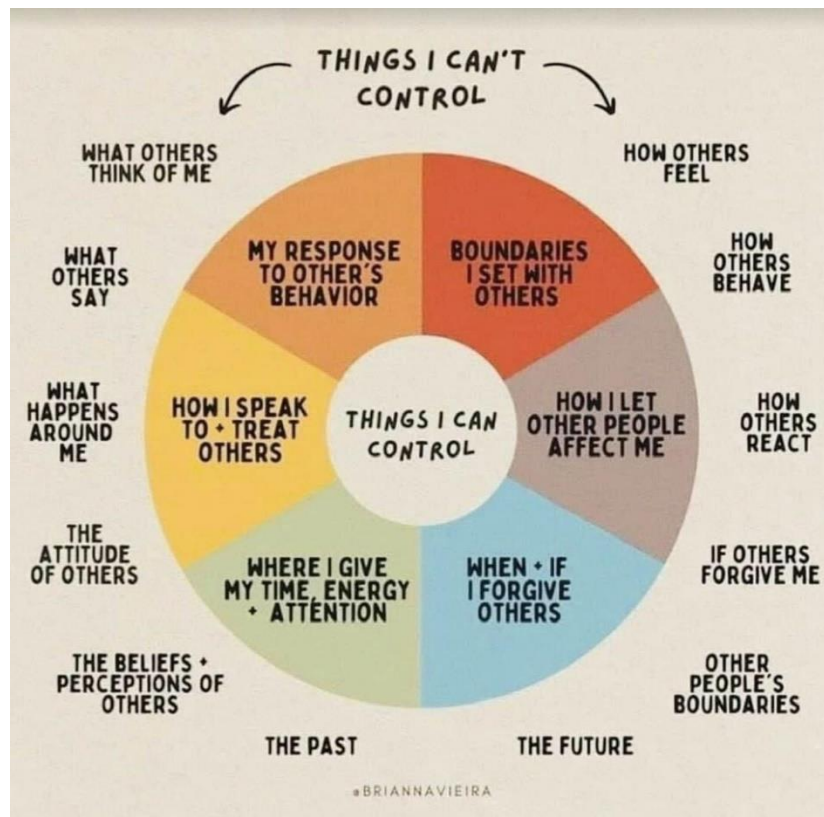
2/28/22

### A Newsletter from Faith Partners Nebraska

Churches and other faith congregations have many people who have a tendency to codependency. It may be my primary “addiction.” If you care about people and you want to be of service, sometimes you’ll slip into the ditch of trying to control another person’s choices or feeling like you should. That’s codependency.



The more codependent I am, the more life feels overwhelming. In codependency, a person may struggle with worry, resentment, toxic shame or depression because they can’t get someone else to do the right thing. Often, that someone has a substance use disorder. A cure for codependency is healthy boundaries. Teri Effle from Region 5 Prevention Systems shared this model which makes clear where those healthy boundaries belong.



A whole casserole is too much so we offer **The Casserole Bite** each week. We welcome ideas for short articles of interest to people working in their faith congregations on issues of alcohol, drugs and mental health. Working together we will defeat stigma and shame.

Faith Partners is a program of Region 5 Prevention Systems 1645 N St. Lincoln, NE. The Casserole Bite is edited by Otto Schultz, so when something is wrong, blame him – [Starfish@inebraska.com](mailto:Starfish@inebraska.com).